

Preparing for Surgery

If you come down with an illness of any kind close to your date of surgery (for example, an upper respiratory tract infection), please contact Pre-Anesthesia at Tucson Medical Center (TMC; 520 324-1446) or Ear & Hearing at the Center for Neurosciences (520-795-7750).

Before Your Procedure

Pre-Anesthesia Testing

Prior to your scheduled surgery or procedure, you will need to undergo Pre-Anesthesia Evaluation by personnel at Tucson Medical Center. This starts with a phone call and may include an in-person appointment for testing to ensure that you can safely undergo anesthesia. TMC will contact you within 48 hours to schedule the pre-anesthesia testing appointment. If you do not hear from TMC regarding your Pre-Anesthesia Testing, please call (520) 324-1446.

Bring the following information to the pre-anesthesia assessment:

- Dates of past health problems and any surgical procedures.
- Bring all current medications, vitamins, supplements and over-the-counter medications that you are taking. If unable to bring in the medications, please provide a complete list, preferably from your pharmacy, of current medications including name, dose, how you take it and directions. Include any vitamins, supplements and over-the-counter medications.
- Results of any recent lab tests, EKGs or chest X-rays.
- Current insurance information. If applicable, patients may pay their co-payment at this time or may be directed to the financial counselor for payment arrangements.
- Medical power of attorney
- Living will

Based on their assessment, Pre-Anesthesia at TMC may recommend additional preoperative testing or a visit with your primary care physician or particular specialists (for example, cardiology)

The Days Immediately Prior to Your Operation

- Solid foods and non-clear liquids (like coffee, milk, juice with ANY particulate matter) must be stopped at midnight the night before surgery.
- You are allowed to have clear liquids until 3 hours before your scheduled operation.
- If you are on medications for your heart, blood pressure, or breathing, please take them the morning of surgery with a small sip of water
- If you use inhalers, please bring them the day of surgery
- Do not take your usual medications for diabetes control the morning of surgery unless instructed to do so by staff at E&H or TMC Pre-Anesthesia
- Shower with an antimicrobial soap (for example, Dial soap) the evening before and the morning of your operation
- You may brush your teeth the morning of surgery, but do not swallow any liquid
- Do NOT shave the surgical area 48 hours prior to your operation

Day of Your Procedure

Arrive at TMC at least two hours before your surgery time or as instructed by your physician. Surgery waiting areas have limited seating. In consideration of others, please limit the number of people waiting.

- Bring a photo ID.
- Bring a means of payment if payment has not already completed.
- Bring a complete list, preferably from your pharmacy, of current medications including name, dose, how you take it and other directions. Include vitamins, supplements and over-the-counter medications.
- Leave all jewelry and other valuables at home.
- Remove all jewelry, including body piercings, hairpins, false eyelashes, contact lenses and all other accessories.
- Wear eyeglasses instead of contact lenses if possible.
- If you wear dentures, eyeglasses or contact lenses, please bring a storage case or container.
- Do not wear makeup.
- Wear loose fitting, easy-to-remove clothing. The hospital provides a gown but you may bring your own pajamas, slippers and robe to wear home.
- You will **NOT be allowed to drive yourself home** from the hospital after surgery. Therefore, you **MUST** make arrangements for transportation to and from the hospital on the day of surgery. Also, you **MUST have someone stay with you for 24-hours** after your operation.

Parking

Free valet parking is available at the TMC Orthopaedic and Surgical Tower entrance, provided Monday - Friday 5 a.m. - 7 p.m. Free parking is provided outside each entrance as well as in nearby parking garages on the northeast and west sides of campus. Outpatients are encouraged to use valet services. Gratuities accepted.

Transportation Assistance at TMC

TMC Auxiliary provides shuttle services inside the hospital and from parking lots. Shuttle services can be requested within each entrance, Monday - Friday 8 a.m. - 4 p.m. by dialing ext. 4-5888 on conveniently located hallway phones. Wheelchairs are available inside each entrance. If none are available, dial 4-1111 on a hallway phone or ask the volunteer behind the information desk for assistance.

When You Arrive at the Hospital

- Enter through the TMC Orthopaedic and Surgical Tower entrance, proceed to the third floor, and check in at the patient check-in kiosks.
- Patients will be brought to the preoperative holding area. Here they will meet with their surgical team as preparation is completed before surgery, including marking of the surgical site. Family may be asked to wait in the nearest lobby.
- Occasionally, our patients undergoing ear surgery may be scheduled at TMC's Outpatient Surgery Center and should enter through the front doors at 2424 N. Wyatt Drive and check in at the registration desk. **MOST PATIENTS ARE NOT SCHEDULED HERE AND SHOULD PROCEED TO THE MAIN SURGICAL TOWER IN THE SAME BUILDING AS TUCSON ORTHOPEDIC.**
- Children who are not patients are not permitted to be in the pre-op or recovery areas. Please make arrangements for their care.
- If your child is having surgery, a parent or legal guardian must remain in the waiting room **at all times** during their operation

After Surgery

Patients recover in the Post Anesthesia Care Unit, PACU, or recovery room. Visitation is normally not permitted in the PACU to protect the privacy of all patients. The surgeon will speak with family in the lobby after the surgery.

Patients staying in the hospital overnight are transferred to their room from PACU. Family will be notified when this occurs. Please let us know if there is anything we can do to make your experience with us more comfortable.

Going Home

You will NOT be allowed to drive yourself home from the hospital after surgery.

- Therefore, you **MUST** make arrangements for transportation to and from the hospital on the day of surgery. Also, you **MUST** have someone stay with you for 24-hours after your operation. If personnel from E&H @ CNS cannot confirm that such arrangements have been made, your operation will be rescheduled.

Two adults should accompany children whenever possible: one to drive and one to take care of the child. You may want to bring a pillow and blanket to use in the car and any physical aids (walkers, crutches, etc.) that may be needed.

Useful Phone Numbers

Tucson Medical Center: (520) 327-5461

Pre-Anesthesia Testing: (520) 324-1446

Ear & Hearing at Center for Neurosciences: (520) 795-7750

Pre-Registration at TMC: (520) 324-4734

Child Life Services at TMC: (520) 324-1154

Shuttle at TMC: ext. 4-5888 (dialed from phones within TMC)

Wheelchair Assistance at TMC: ext. 4-1111 (dialed from phones within TMC)